Data Dictionary

23-Apr-03

DATASET: SUMMARY

Main dataset holding the most commonly used analysis variables. One record per randomized participant (n=459). When running analyses, this is the first dataset to check to find the variables you need.

Notes and warnings:

Includes several series of weekly variables: SBP1-SBP11, etc. Each week has a different denominator. Do not take the average of, for example, SBP1, SBP2 and SBP3 to get a run-in average. Use the DAILY dataset to compute the average SBP for weeks 1-3. See descriptive statistics in \Descriptive Statistics and Listings\SUMMARY.rtf

Variable	Description	Format	Notes
ACTIV_IV	activity score (cal/kg/day) - iv	numeric	from physical activities form. this is the summary score (in kcal/kg/day). to get the activity factor (used in computing energy requirements), divide the score by 24. this will give you the unadjusted physical activity factor.
ACTIV_SV	activity score (cal/kg/day) - sv	numeric	from physical activities form. this is the summary score (in kcal/kg/day). to get the activity factor (used in computing energy requirements), divide the score by 24. this will give you the unadjusted physical activity factor.
AGE_REL	age in five year age groups	age_rft*	
ALC1	avg alcohol (units) - week 1	numeric	ri. from compliance data. not available for cohort 1, site 2.
ALC10	avg alcohol (units) - week 10	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC11	avg alcohol (units) - week 11	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC2	avg alcohol (units) - week 2	numeric	ri. from compliance data. not available for cohort 1, site 2.
ALC3	avg alcohol (units) - week 3	numeric	ri. from compliance data. not available for cohort 1, site 2.
ALC4	avg alcohol (units) - week 4	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC5	avg alcohol (units) - week 5	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC6	avg alcohol (units) - week 6	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC7	avg alcohol (units) - week 7	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC8	avg alcohol (units) - week 8	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALC9	avg alcohol (units) - week 9	numeric	iv. from compliance data. not available for cohort 1, site 2.
ALCOHOL	amount alcohol drinks per week	numeric	from pre-screen
AVGIVCAL	avg iv (week 10) calorie level	numeric	average energy consumed (inc. unit foods eaten, but exc. alcohol) during last 2 weeks of intervention. not available for cohort 1, site 2.

* custom format, see formats section

AVGRICAL	avg runin calorie level	numeric	average energy consumed (inc. unit foods eaten, but exc. alcohol) during run-in. not available for cohort 1, site 2.
AVGSUBSC	avg subscapular skinfold	numeric	
AVGTRICP	avg tricep skinfold	numeric	
B_ADBPDY	beg. of study dbp: abpm daytime	numeric	not available for cohort 1.
B_ADBPNT	beg. of study dbp: abpm night	numeric	not available for cohort 1.
B_ADBPPK	beg. of study dbp: abpm peak	numeric	not available for cohort 1.
B_ASBPDY	beg. of study sbp: abpm daytime	numeric	not available for cohort 1.
B_ASBPNT	beg. of study sbp: abpm night	numeric	not available for cohort 1.
B_ASBPPK	beg. of study sbp: abpm peak	numeric	not available for cohort 1.
BASEWT	beginning-of-study weight (last 13 ri)	numeric	average of last 13 days of run-in (kg)
BOS_ADBP	beg. of study dbp: abpm 24 hr	numeric	not available for cohort 1.
BOS_ASBP	beg. of study sbp: abpm 24 hr	numeric	not available for cohort 1.
BOS_DBP	beginning of study dbp	numeric	average of screening and ri.
BOS_SBP	beginning of study sbp	numeric	average of screening and ri.
BPFIX	end of study bp created per vollmer	numeric	flag for dropouts with end-of-study bp measures created from earlier measures (either last group of iv measures, or avg of screening measures)
BPMEDS	ever taken meds to control bp	yesnoft*	from patient history.
CAFF1	avg caffeine - week 1	numeric	ri. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF10	avg caffeine - week 10	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF11	avg caffeine - week 11	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF2	avg caffeine - week 2	numeric	ri. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF3	avg caffeine - week 3	numeric	ri. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF4	avg caffeine - week 4	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF5	avg caffeine - week 5	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF6	avg caffeine - week 6	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF7	avg caffeine - week 7	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CAFF8	avg caffeine - week 8	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.

* custom format, see formats section

CAFF9	avg caffeine - week 9	numeric	iv. from compliance data. in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CALLEV1	avg calorie level - week 1	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV10	avg calorie level - week 10	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV11	avg calorie level - week 11	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV2	avg calorie level - week 2	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV3	avg calorie level - week 3	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV4	avg calorie level - week 4	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV5	avg calorie level - week 5	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV6	avg calorie level - week 6	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV7	avg calorie level - week 7	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV8	avg calorie level - week 8	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CALLEV9	avg calorie level - week 9	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
CHG_ADBP	change in dbp: abpm	numeric	iv. not available for cohort 1.
CHG_ASBP	change in sbp: abpm	numeric	iv. not available for cohort 1.
CHG_DBP	pre-post change in dbp	numeric	
CHG_SBP	pre-post change in sbp	numeric	
CHG_WT	change in wt (iv10wt-basewt)	numeric	
COHORT	cohort	numeric	
COMPFEED	completed intervention feeding?	compfeed*	
COMPSC1	avg compliance score - week 1	numeric	ri. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC10	avg compliance score - week 10	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC11	avg compliance score - week 11	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC2	avg compliance score - week 2	numeric	ri. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC3	avg compliance score - week 3	numeric	ri. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC4	avg compliance score - week 4	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC5	avg compliance score - week 5	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC6	avg compliance score - week 6	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC7	avg compliance score - week 7	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC8	avg compliance score - week 8	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.
COMPSC9	avg compliance score - week 9	numeric	iv. from compliance data. calculated as 0=no dev, 1=any dev. not available for cohort 1 site 2.

* custom format, see formats section

DBP1	avg dbp - week 1	numeric	ri.
DBP10	avg dbp - week 10	numeric	iv.
DBP11	avg dbp - week 11	numeric	iv.
DBP2	avg dbp - week 2	numeric	ri.
DBP3	avg dbp - week 3	numeric	ri.
DBP4	avg dbp - week 4	numeric	iv.
DBP5	avg dbp - week 5	numeric	iv.
DBP6	avg dbp - week 6	numeric	iv.
DBP7	avg dbp - week 7	numeric	iv.
DBP8	avg dbp - week 8	numeric	iv.
DBP9	avg dbp - week 9	numeric	iv.
DEV	entered dev	numeric	
DIFF1	q4 1st most difficult study aspect	diffpft*	from participation survey.
DIFF2	q5 2nd most difficult study aspect	diffpft*	from participation survey.
DIFF3	q5 3rd most difficult study aspect	diffpft*	from participation survey.
DOC_HBP	doctor tell you had high blood pressure	yesnoft*	from patient history.
E_ADBPDY	end of study dbp: abpm daytime	numeric	not available for cohort 1.
E_ADBPNT	end of study dbp: abpm night	numeric	not available for cohort 1.
E_ADBPPK	end of study dbp: abpm peak	numeric	not available for cohort 1.
E_ASBPDY	end of study sbp: abpm daytime	numeric	not available for cohort 1.
E_ASBPNT	end of study sbp: abpm night	numeric	not available for cohort 1.
E_ASBPPK	end of study sbp: abpm peak	numeric	not available for cohort 1.
EDU_REL	education completed	edu_rft*	from patient history
EMP_REL	employment status	emp_rft*	from patient history
ENERGY1	avg energy level - week 1	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY10	avg energy level - week 10	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY11	avg energy level - week 11	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY2	avg energy level - week 2	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY3	avg energy level - week 3	numeric	ri. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY4	avg energy level - week 4	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY5	avg energy level - week 5	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY6	avg energy level - week 6	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY7	avg energy level - week 7	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY8	avg energy level - week 8	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENERGY9	avg energy level - week 9	numeric	iv. from weight/energy tracking. not available for cohort 1 site 2.
ENJOY	q3 what did you most enjoy about study	enjoy*	from participation survey.
EOS_ADBP	end of study dbp: abpm 24 hr	numeric	not available for cohort 1.
EOS_ASBP	end of study sbp: abpm 24 hr	numeric	not available for cohort 1.

* custom format, see formats section

EOS_DBP	end-of-study diastolic bp	numeric	average of last two weeks of iv. (unless bpfix=1, in which case value is computed from last group of iv bps or mean of screening bps)
EOS_SBP	end-of-study systolic bp	numeric	average of last two weeks of iv. (unless bpfix=1, in which case value is computed from last group of iv bps or mean of screening bps)
EXCREAS	reason for exclusion	text	
EXERCISE	reduce bp: increase phyical exercise	yesnoft*	from patient history.
FAMHXDIA	family hx of diabetes	numeric	from patient history.
FAMHXHAT	family hx of heart attack	numeric	from patient history.
FAMHXHTN	family hx of hypertension	numeric	from patient history.
FAMHXKID	family hx of kidney prob	numeric	from patient history.
FAMHXSTR	family hx of stroke	numeric	from patient history.
FIRSTCAL	initial calorie level	numeric	initial energy level (inc. unit foods eaten, but exc. alcohol) at beginning of run-in. not available for cohort 1 site 2.
HIBP	dummy: hypertensive at baseline	numeric	baseline sbp>=140 or dbp>=90.
HT_REL	height (cm)	numeric	truncated at 2nd and 98th percentiles
ID_REL	participant id	text	
INCOME_R	total household income	incomerf*	
LOSEWGT	reduce bp: lose weight	yesnoft*	from patient history.
MARITAL	marital status	marital*	from patient history.
MEDSANY	any meds reported on elig q?	numeric	from medical eligibility questionnaire (page 3). the rest of this form was not entered.
MEDSESTR	taking estrogen meds	numeric	from medical eligibility questionnaire (page 3). the rest of this form was not entered.
MEDSLIPD	taking lipid lowering meds	numeric	from medical eligibility questionnaire (page 3). the rest of this form was not entered.
RACE_REL	1=non-minority, 2=minority	racerft*	
REAS1	q1 main reason participating in dash	reaspft*	from participation form.
REAS2	q2 secondary participation reason	reaspft*	from participation form.
REAS3	q2 tertiary participation reason	reaspft*	from participation form.
RED_ALC	reduce bp: reduce alcohol intake	yesnoft*	from patient history.
RED_SALT	reduce bp: reduced sodium intake	yesnoft*	from patient history.
RIADBP	average dbp during run-in	numeric	
RIASBP	average sbp during run-in	numeric	
SALT1	avg salt - week 1	numeric	ri. from compliance data. not available for cohort 1 site 2.
SALT10	avg salt - week 10	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT11	avg salt - week 11	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT2	avg salt - week 2	numeric	ri. from compliance data. not available for cohort 1 site 2.
SALT3	avg salt - week 3	numeric	ri. from compliance data. not available for cohort 1 site 2.
SALT4	avg salt - week 4	numeric	iv. from compliance data. not available for cohort 1 site 2.

* custom format, see formats section

SALT5	avg salt - week 5	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT6	avg salt - week 6	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT7	avg salt - week 7	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT8	avg salt - week 8	numeric	iv. from compliance data. not available for cohort 1 site 2.
SALT9	avg salt - week 9	numeric	iv. from compliance data. not available for cohort 1 site 2.
SBP1	avg sbp - week 1	numeric	ri.
SBP10	avg sbp - week 10	numeric	iv.
SBP11	avg sbp - week 11	numeric	iv.
SBP2	avg sbp - week 2	numeric	ri.
SBP3	avg sbp - week 3	numeric	ri.
SBP4	avg sbp - week 4	numeric	iv.
SBP5	avg sbp - week 5	numeric	iv.
SBP6	avg sbp - week 6	numeric	iv.
SBP7	avg sbp - week 7	numeric	iv.
SBP8	avg sbp - week 8	numeric	iv.
SBP9	avg sbp - week 9	numeric	iv.
SEX	sex	text	
SMOK_REL	avg cigarettes smoked per day	smok_rft*	
SMOKE100	smoked 100 cigarettes in entire life	yesnoft*	from patient history.
SMOKENOW	do you smoke cigarettes now	yesnoft*	from patient history.
SV1ADBP	sv1 average dbp	numeric	
SV1ASBP	sv1 average sbp	numeric	
SV2ADBP	sv2 average dbp	numeric	
SV2ASBP	sv2 average sbp	numeric	
SV3ADBP	sv3 average dbp	numeric	
SV3ASBP	sv3 average sbp	numeric	
TX	diet	tx2fmt*	
UNIT1	avg unit foods - week 1	numeric	ri. not available for cohort 1 site 2.
UNIT10	avg unit foods - week 10	numeric	iv. not available for cohort 1 site 2.
UNIT11	avg unit foods - week 11	numeric	iv. not available for cohort 1 site 2.
UNIT2	avg unit foods - week 2	numeric	ri. not available for cohort 1 site 2.
UNIT3	avg unit foods - week 3	numeric	ri. not available for cohort 1 site 2.
UNIT4	avg unit foods - week 4	numeric	iv. not available for cohort 1 site 2.
UNIT5	avg unit foods - week 5	numeric	iv. not available for cohort 1 site 2.
UNIT6	avg unit foods - week 6	numeric	iv. not available for cohort 1 site 2.
UNIT7	avg unit foods - week 7	numeric	iv. not available for cohort 1 site 2.
UNIT8	avg unit foods - week 8	numeric	iv. not available for cohort 1 site 2.
UNIT9	avg unit foods - week 9	numeric	iv. not available for cohort 1 site 2.
WEIGHT1	runin week 1 average weight	numeric	ri. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT10	interv week 10 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT11	interv week 11 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT2	runin week 2 average weight	numeric	ri. (kg), truncated at 2nd and 98th percentiles of wt_rel

* custom format, see formats section

WEIGHT3	runin week 3 average weight	numeric	ri. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT4	interv week 4 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT5	interv week 5 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT6	interv week 6 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT7	interv week 7 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT8	interv week 8 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WEIGHT9	interv week 9 average weight	numeric	iv. (kg), truncated at 2nd and 98th percentiles of wt_rel
WT_REL	weight (kg)	numeric	truncated at 2nd and 98th percentiles

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: DAILY

All variables that were measured daily. One record per randomized participant per day of the study (n=33,554). Starts with week 1 day 1 (1st week of run-in) and ends with week 11 day 7 (8th week of intervention).

Notes and warnings:

Many variables have missing data on weekends (I.e., when ATTEND=3 or 9). Unit foods data imputed based on total calories consumed because unit foods data from daily diaries not reliable. See descriptive statistics in \Descriptive Statistics and Listings\DAILY.rtf

Variable	Description	Format	Notes
ALC_G	grams of alcohol consumed	numeric	not available for cohort 1, site 2.
ATTEND	attendance score	numeric	not available for run-in cohort 1. codes 6-9 not used until cohort 2.
AVDBP	mean of 2 dbp measurements	numeric	
AVSBP	mean of 2 sbp measurements	numeric	
CAFF	caffeinated bevs consumed	numeric	in servings. to convert to mg of caffein, multiply by 138. not available for cohorts 1-2.
CALLEV	calorie level (imputed)	numeric	not available for cohort 1, site 2.
COHORT	cohort	numeric	
COMPSC	compliance score (no dev vs any)	comp2ft*	not available for cohort 1.
DAY	day of week (1-7)	numeric	
ENERGY	total energy consumed	numeric	includes unit foods eaten but not alcohol. not available for cohort 1, site 2
ID_REL	participant id	text	
MENSTR	menstruating?	numeric	not available for cohort 1 run-in.
SALT	salt packets used	numeric	not available for cohort 1, site 2.
TX	diet	tx2fmt*	
UNITS	unit foods eaten (imputed)	numeric	not available for cohort 1, site 2.
WEEK	week of study (1-11)	numeric	
WEIGHT	weight	numeric	truncated at 2nd and 98th percentiles of wt_rel

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: LAB

Central lab results (urines, bloods). Contains one record per visit for each of the lab test results.

Notes and warnings:

Not all results are available at all visits. Some lab tests were not performed for all sites/cohorts. Urine variables units are mg/24 hours. To calculate urine variables in units mg/g creatinine, first calculate CURCR_G = CURCR/1000 to get creatinine in grams and then calculate the ratio of the desired variable to CURCR_G. For example, urinary sodium, mg/g creatinine = CURNA/CURCR_G. See descriptive statistics in \Descriptive Statistics and Listings\LAB.rtf

Variable	Description	Format	Notes
BCALC	blood ionized calcium	numeric	
BGLU	blood glucose	numeric	not available for all sites/cohorts.
BINS	blood insulin	numeric	not available for all sites/cohorts.
BPTH	blood pth	numeric	
BREN	blood renin	numeric	
BVITD	blood vitamin d	numeric	
CHOLHDL	total chol/hdl ratio	numeric	
COHORT	cohort	numeric	
CURCA	urinary calcium (mg/24hr)	numeric	
CURCL	urinary chloride (mg/24hr)	numeric	
CURCR	urinary creatinine (mg/24hr)	numeric	
CURK	urinary potassium (mg/24hr)	numeric	
CURMG	urinary magnesium (mg/24hr)	numeric	
CURNA	urinary sodium (mg/24hr)	numeric	
CURPH	urinary phosphorus (mg/24hr)	numeric	
CURUN	urinary urea nitrogen (mg/24hr)	numeric	
HDL	hdl	numeric	
ID_REL	participant id	text	
LDL	ldl	numeric	
LDLHDL	ldl/hdl ratio	numeric	
TOTCHOL	total cholesterol	numeric	
TOTTRI	total triglyceride	numeric	
TX	diet	tx2fmt*	
VISIT		text	
VLDL	vldl	numeric	

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: NUTDIET

Average nutrient content of the DASH diets based on a sample of menus that were entered into the MENU database. One record for each tx and calorie level, representing an average of 7 days of menus (n=12). All numbers are expressed in units per menu (i.e. g/menu, mg/menu, ...)

Notes and warnings:

See listing in \Descriptive Statistics and Listings\NUTDIET.rtf

Variable	Description	Format	Notes
ALCOHOL	alcohol g	numeric	
ASH	ash g	numeric	
CAFFEINE	caffeine mg	numeric	
CALCIUM	calcium, ca mg	numeric	
CALLEV	dash calorie level	numeric	
CARBOS	carbohydrates g	numeric	
CHOLESTE	cholesterol mg	numeric	
COPPER	copper, cu mg	numeric	
DIETFIB	fiber, total dietary g	numeric	
ENERGYKC	energy, kcal	numeric	
ENERGYKJ	energy, kj	numeric	
FAT	fat g	numeric	
FOLATE	folate mcg	numeric	
IRON	iron, fe mg	numeric	
MAGNES	magnesium, mg mg	numeric	
MANGANES	manganese, mn mg	numeric	
MUFA	fatty acids, monounsaturated g	numeric	
NIACIN	niacin, nicotinic acid mg	numeric	
PANTOTHE	pantothenic acid mg	numeric	
PCTCARB	carbohydrates kcal %	numeric	
PCTFAT	fat kcal %	numeric	
PCTMUFA	monounsaturated fatty acids kcal %	numeric	
PCTPROT	protein kcal %	numeric	
PCTPUFA	polyunsaturated fatty acids kcal %	numeric	
PCTSATF	saturated fat kcal %	numeric	
PHOSPHOR	phosphorus, p mg	numeric	
POTASSIU	potassium, k mg	numeric	
PROTEIN	protein g	numeric	
PS_RATIO	polyunsaturated / saturated fat r	numeric	
PUFA	fatty acids, polyunsaturated g	numeric	
RIBOFLAV	riboflavin mg	numeric	
SFA	fatty acids, saturated g	numeric	
SODIUM	sodium, na mg	numeric	
THEOBROM	theobromine mg	numeric	

* custom format, see formats section

THIAMIN	thiamin mg	numeric
TX	diet	tx2fmt*
VIT_A_IU	vitamin a, iu	numeric
VIT_A_RE	vitamin a, re	numeric
VIT_B_12	vitamin b-12 mcg	numeric
VIT_B_6	vitamin b-6 mg	numeric
VIT_C	vitamin c, ascorbic acid mg	numeric
VIT_E	vitamin e ate	numeric
WATER	water g	numeric
ZINC	zinc, zn mg	numeric

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: NUTUNIT

Average nutrient content of the DASH unit foods based on recipes that were entered into the MENU database for analysis. One record for each tx for each calorie level (n=3).

Notes and warnings:

See listing in \Descriptive Statistics and Listings\NUTUNIT.rtf

Variable	Description	Format	Notes
ALCOHOL	alcohol g	numeric	
ASH	ash g	numeric	
CAFFEINE	caffeine mg	numeric	
CALCIUM	calcium, ca mg	numeric	
CARBOS	carbohydrates g	numeric	
CHOLESTE	cholesterol mg	numeric	
COPPER	copper, cu mg	numeric	
DIETFIB	fiber, total dietary g	numeric	
ENERGYKC	energy, kcal	numeric	
ENERGYKJ	energy, kj	numeric	
FAT	fat g	numeric	
FOLATE	folate µg	numeric	
IRON	iron, fe mg	numeric	
MAGNES	magnesium, mg mg	numeric	
MANGANES	manganese, mn mg	numeric	
MUFA	fatty acids, monounsatu g	numeric	
NIACIN	niacin, nicotinic acid mg	numeric	
PANTOTHE	pantothenic acid mg	numeric	
PCTCARB	% of calories from carb %	numeric	
PCTFAT	% of calories from fat %	numeric	
PCTMUFA	% of calories from mono %	numeric	
PCTPROT	% of calories from prot %	numeric	
PCTPUFA	% of calories from poly %	numeric	
PCTSATF	% of calories from satu %	numeric	
PHOSPHOR	phosphorus, p mg	numeric	
POTASSIU	potassium, k mg	numeric	
PROTEIN	protein g	numeric	
PS_RATIO	poly unsaturated / satu	numeric	
PUFA	fatty acids, polyunsatu g	numeric	
RIBOFLAV	riboflavin mg	numeric	
SFA	fatty acids, saturated g	numeric	
SODIUM	sodium, na mg	numeric	
THEOBROM	theobromine mg	numeric	
THIAMIN	thiamin mg	numeric	
TX	diet	tx2fmt*	
VIT_A_IU	vitamin a, iu	numeric	
VIT_A_RE	vitamin a, re	numeric	

* custom format, see formats section

VIT_B_12	vitamin b-12, mcg	numeric
VIT_B_6	vitamin b-6 mg	numeric
VIT_C	vitamin c, ascorbic aci mg	numeric
VIT_E	vitamin e ate	numeric
WATER	water g	numeric
ZINC	zinc, zn mg	numeric

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: FALCC

Validation data for the nutrient content of the DASH diets based on assays. Data represents a sample of the DASH menus for each tx and calorie level (n=12). For each site/calorie level, variables include targets for each of the nutrients (variables start with "T") and actual mean values (per menu) for each of the nutrients (variables start with "V").

Notes and warnings:

See listing in \Descriptive Statistics and Listings\FALCC.rtf

Variable	Description	Format	Notes
CALLEV	calorie level	numeric	
SITE_REL	site	text	
TCALC	target calcium (mg)	numeric	
TCHOL	target cholesterol (mg)	numeric	
TENERG	target energy (kcal)	numeric	
TGCARB	target carbos (g)	numeric	
TGFAT	target fat (g)	numeric	
TGMUFA	target mufa (g)	numeric	
TGPROT	target protein (g)	numeric	
TGPUFA	target pufa (g)	numeric	
TGSFA	target sfa (g)	numeric	
TMAG	target magnesium (mg)	numeric	
TPCARB	target carbos (pct of kcals)	numeric	
TPFAT	target fat (pct of kcals)	numeric	
TPMUFA	target mufa (pct of kcals)	numeric	
TPOTAS	target potassium (mg)	numeric	
TPPROT	target protein (pct of kcals)	numeric	
TPPUFA	target pufa (pct of kcals)	numeric	
TPSFA	target sfa (pct of kcals)	numeric	
TSOD	target sodium (mg)	numeric	
TX	diet	tx2fmt*	
VCALC	validation calcium (mg)	numeric	
VCHOL	validation cholesterol (mg)	numeric	
VENERG	validation energy (kcal)	numeric	
VGCARB	validation carbos (g)	numeric	
VGFAT	validation fat (g)	numeric	
VGMUFA	validation mufa (g)	numeric	
VGPROT	validation protein (g)	numeric	
VGPUFA	validation pufa (g)	numeric	
VGSFA	validation sfa (g)	numeric	
VIRON	validation mg iron-mean	numeric	
VMAG	validation magnesium (mg)	numeric	
VPCARB	validation carbos (pct of kcals)	numeric	
VPFAT	validation fat (pct of kcals)	numeric	
VPMUFA	validation mufa (pct of kcals)	numeric	

* custom format, see formats section

VPOTAS	validation potassium (mg)	numeric
VPPROT	validation protein (pct of kcals)	numeric
VPPUFA	validation pufa (pct of kcals)	numeric
VPSFA	validation sfa (pct of kcals)	numeric
VSOD	validation sodium (mg)	numeric

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: FFQ

Food Frequency Questionnaire results. One record per randomized participant (n=405). This data represents the participants' typical diet prior to the study.

Notes and warnings:

Data edited to recode outliers for individual food items and to delete forms with incomplete data or unrealistic calorie levels (<=500 kcal/day or >=5000 kcal/day). Results computed in SAS using the DIETSYS (Block) methodology.See descriptive statistics in \Descriptive Statistics and Listings\FFQ.rtf

Variable	Description	Format	Notes
CALC	calcium mg	numeric	
CAROT	pro-a carotenes mcg	numeric	
CHOLEST	cholesterol mg	numeric	
COHORT	cohort	numeric	
DGROUP1	dash group 1: dairy (reg)	numeric	
DGROUP2	dash group 2: dairy (low-fat)	numeric	
DGROUP3	dash group 3: grains	numeric	
DGROUP4	dash group 4: fruits & juices	numeric	
DGROUP5	dash group 5: vegetables	numeric	
DGROUP6	dash group 6: red meats	numeric	
DGROUP7	dash group 7: poultry	numeric	
DGROUP8	dash group 8: fish	numeric	
DIETFIB	dietary fiber	numeric	
FOLATE	folate mcg	numeric	
ID_REL	participant id	text	
IRON	iron mg	numeric	
MAGNES	magnesium mg	numeric	
NIACIN	niacin mg	numeric	
PCT_MUFA	% of cals from mufa	numeric	
PCT_PUFA	% of cals from pufa	numeric	
PCT_SFA	% of cals from sfa	numeric	
PCTALC	% of cals from alcoholic bev	numeric	
PCTCARB	% of calories from carbohydrates	numeric	
PCTFAT	% of calories from fat	numeric	
PCTPRO	% of calories from protein	numeric	
PCTSWEET	% of cals from sweets	numeric	
PHOS	phosphorus mg	numeric	
POTASS	potassium mg	numeric	
RIBO	riboflavin (b2) mg	numeric	
SODIUM	sodium mg	numeric	
THIAMIN	thiamin (b1) mg	numeric	
TX	diet	tx2fmt*	
VITAIU	vitamin a iu	numeric	
VITB6	vitamin b6 mg	numeric	
VITC	vitamin c mg	numeric	

* custom format, see formats section

VITE	vitamin e a-te	numeric
ZINC	zinc mg	numeric

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: SIDEEFF

Side effects data. One record per participant per visit (Collected at RI3, IV4 and IV8) (n=1,353).

Notes and warnings:

See descriptive statistics in \Descriptive Statistics and Listings\SIDEEFF.rtf

Variable	Description	Format	Notes
APPETITE	poor appetite	severity*	
BLOATING	bloating	severity*	
COHORT	cohort	numeric	
CONSTIP	constipation	severity*	
DIARRHEA	diarrhea	severity*	
DRYMOUTH	dry mouth	severity*	
EXTHIRST	excessive thirst	severity*	
FATIGUE	fatigue or low energy level	severity*	
FELT	overall, during the past 2 wks, i felt	felt*	
ID_REL	participant id	text	
ITCHYSKI	itchy skin or hives	severity*	
LITEHEAD	lightheadedness when standing up	severity*	
NAUSEA	nausea or upset stomach	severity*	
STUFFNOS	stuffy nose	severity*	
TASTE	change in taste	severity*	
TX	diet	tx2fmt*	
VISIT		text	
WHEEZING	wheezing	severity*	

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: POSTANON

Results from post-study anonymous survey. This form was given to randomized participants at the end of the intervention feeding to assess their experience with the DASH project. (n=269)

Notes and warnings:

These data cannot be linked to participants, since the only identifiers are site, cohort and tx. See descriptive statistics in \Descriptive Statistics and Listings\POSTANON.rtf

Variable	Description	Format	Notes
COHORT	cohort	numeric	
INCOME_R	q27: total household income	incomerf*	
Q1_BENE	q1: overall exper beneficial	yesnoft*	
Q1_INFOR	q1: overall exper informative	yesnoft*	
Q1_INTER	q1: overall exper interesting	yesnoft*	
Q1_PLEAS	q1: overall exper pleasant	yesnoft*	
Q1_REGRT	q1: overall exper regret	yesnoft*	
Q11A	q11: how important not shopping	importft*	
Q11B	q11: how important free food	importft*	
Q11C	q11: how important attn dash staff	importft*	
Q11D	q11: how important daily diary	importft*	
Q11E	q11: how important free choice bev	importft*	
Q11F	q11: how important raffles/incentives	importft*	
Q11G	q11: how important family/friends	importft*	
Q11H	q11: how important learning bp	importft*	
Q11I	q11: how important info lab tests	importft*	
Q11J	q11: how important learning food	importft*	
Q11K	q11: how important monetary	importft*	
Q11L	q11: how important discipline	importft*	
Q12A	q12: how difficult length of study	probft*	
Q12B	q12: how difficult family/friends	probft*	
Q12C	q12: how difficult social pressure	probft*	
Q12D	q12: how difficult work schedule	probft*	
Q12E	q12: how difficult time meals	probft*	
Q12F	q12: how difficult time bp meas	probft*	
Q12G	q12: how difficult commute/park	probft*	
Q12H	q12: how difficult special occas	probft*	
Q12I	q12: how difficult blood sampling	probft*	
Q12J	q12: how difficult urine collect	probft*	
Q12K	q12: how difficult lack freedom	probft*	
Q12L	q12: how difficult repetition	probft*	
Q13A	q13: how difficult too much food	probft*	
Q13B	q13: how difficult too little food	probft*	
Q13C	q13: how difficult much/little meals	probft*	

* custom format, see formats section

Q13D	q13: how difficult unappetizing	probft*
Q13E	q13: how difficult bad taste	probft*
Q13F	q13: how difficult lack variety	probft*
Q13G	q13: how difficult new foods	probft*
Q13H	q13: how difficult craving sweets	probft*
Q14A	q14: how difficult cooking others	probft*
Q14B	q14: how difficult side effects	probft*
Q14C	q14: how difficult desire other foods	probft*
Q2	q2: participate again?	yesnoft*
Q23	q23: sex	sex2ft*
Q24	q24: age	ageft*
Q29	q29: how much formal education	educate*
RACE_REL	q30: 1=non-minority, 2=minority	racerft*
TX	diet	tx2fmt*

* custom format, see formats section

Data Dictionary

23-Apr-03

DATASET: ABPM

Data for individual ABPM readings. One record per reading per participant visit (RI and IV). Indicates time of day, and whether participant was awake or asleep at the time of the reading. (n=33,445)

Notes and warnings:

Only available for cohort 2+. See descriptive statistics in \Descriptive Statistics and Listings\ABPM.rtf

Variable	Description	Format	Notes
AWAKE	dummy: participant awake	numeric	
COHORT	cohort	numeric	
DBP	abpm diastolic bp	numeric	
HOURTIME	time of reading: 0:00-24:00	numeric	
ID_REL	participant id	text	
READNUM	reading number: 1-n	numeric	
SBP	abpm systolic bp	numeric	
TX	diet	tx2fmt*	
TYPE	reading type: ri or iv	text	

* custom format, see formats section